



— State of —  
**North Dakota**  
*Office of the Governor*  
John Hoeven  
*Governor*

PROCLAMATION  
**5 + 5 Month**  
SEPTEMBER 2003

**WHEREAS**, eating five to nine servings of fruits and vegetables per day leads to better health. Diets rich in fruits and vegetables may reduce the risk of chronic diseases such as cancer, diabetes, heart disease and stroke and help fight the increase of adults and children who are overweight or obese; and

**WHEREAS**, regular physical activity five days a week for 30 minutes a day improves health. Regular physical activity reduces the risk of developing diabetes and high blood pressure, and helps maintain weight and promotes psychological well-being; and

**WHEREAS**, North Dakota communities that are implementing plans to improve the health of their citizens through nutrition and physical activity programs can be recognized as *5 + 5 Communities*; and

**WHEREAS**, citizens are encouraged to follow the example of the recognized 5 + 5 Communities who are leading the way to a Healthy North Dakota by promoting physical activity and healthy diets rich in fruits and vegetables.

**NOW THEREFORE**, as Governor of the State of North Dakota, I do hereby proclaim September 2003 as **5+5 Month** in the State of North Dakota.

/s/  
John Hoeven  
Governor

Attest:

/s/  
Alvin A. Jaeger  
Secretary of State